

MENTORING MAGIC



Why COACH?

An old man going a lone highway
Came at the evening cold and gray
To a chasm vast and deep and wide,
Through which was flowing a swollen tide,
The old man crossed in the twilight dim
That swollen stream held no fears for him
But he paused when safe on the other side
And built a bridge to span the tide.

“Old Man,” said a fellow pilgrim near,
“You are wasting strength with building here.
Your journey will end with the ending day;
You never again may pass this way.
You have crossed the chasm deep and wide;
Why build you the bridge at the eventide?”

The builder lifted his old gray head,
“Good friend, in the path I have come,” he said,
“There follows after me today
A youth feet must pass this way.
This swollen stream which was naught to me
To the fair haired youth may a pitfall be.
He too, must cross in the twilight dim.
Good friend, I am building the bridge for him.”

— Anonymous



MENTOR

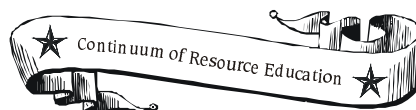
According to the *Oxford Dictionary*, a mentor is an experienced and trusted advisor or teacher.

CHARACTERISTICS OF A MENTOR

- ◆ Optimistic
- ◆ Accepting
- ◆ Flexible
- ◆ Non-judgmental
- ◆ Knowledgeable
- ◆ Experienced
- ◆ Sensitive
- ◆ Open to new ideas
- ◆ Compassionate
- ◆ Good communicator
- ◆ Coach
- ◆ Sense of humor
- ◆ Welcoming
- ◆ Kind-hearted
- ◆ Honest
- ◆ Sincere
- ◆ Generous
- ◆ Warm heart
- ◆ Warm smile
- ◆ Loyal
- ◆ Good listener

THINGS YOU CAN DO

- ◆ Be yourself.
- ◆ Don't sweat the small stuff.
- ◆ On a weekly basis, try to call someone in your command.
- ◆ Keep in touch with your CMC's Spouse — a great part of the command team.
- ◆ Put together and pass out Survival Kits for your group before cruise or deployment (there are many, we've included one).
- ◆ Use a daily journal to record your thoughts and/or conversations and messages.
- ◆ Acknowledge and show appreciation for others' involvement.
- ◆ Include others in planning meetings; help them get involved.
- ◆ Learn about the resources around you including FFSC, workshops, Compass, etc. Take a class!
- ◆ Live by the Golden Rule.



COMMUNICATING — WHERE ARE WE?

Positive Communication

- ◆ A calm voice
- ◆ Showing concern and interest
- ◆ Using playful teasing or humor
- ◆ Offering positive feedback
- ◆ Focusing on what is right
- ◆ Offering to help
- ◆ Showing enthusiasm
- ◆ Getting to the point
- ◆ Using gentle eye contact
- ◆ A smiling face
- ◆ Allowing physical space

Negative Communication

- ◆ Loud, shouting voice
- ◆ Being bossy or demanding
- ◆ Being sarcastic
- ◆ Being critical
- ◆ Focusing on what is wrong
- ◆ Using blame
- ◆ Appearing uninterested
- ◆ Lecturing
- ◆ Glaring eye contact
- ◆ A frowning face
- ◆ Invading physical space

ARE YOU LISTENING?

The Other Half of Effective Communication

Listening Checklist

- ◆ Take time or schedule time.
- ◆ Eliminate distractions.
- ◆ Look at the speaker.
- ◆ Nod or make neutral comments.
- ◆ Question without interruption.
- ◆ Be patient.
- ◆ Respond without judgment.
- ◆ Note emphasis on words, loudness, or speed of speech to check the speaker's state of mind.
- ◆ Repeat what you think was said.
- ◆ Ask about feelings.
- ◆ Help the speaker find his or her way.

These ten ways may improve the listening process. Ask questions gently, avoid coming across as an interrogator. The speaker will be more comfortable if he/she can tell their story in their own words.

Reprinted from FFSC handout on Personal Communication

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THE SURVIVAL TEST

by Bonnie Metzger nee Kawamoto

My sister did not survive her husband's six-month navy cruise.
She didn't survive his return from war.
There was time for complaining, groaning, and weeping.
Two seasons passed as he logged over 500 flying hours.

My sister did not survive her husband's six-month navy cruise.
She didn't sit and wait for his return from war.
CNN, Ted Koppel, and report of SCUDS influenced an entire country.

My sister did not survive her husband's six-month navy cruise.
She didn't survive his return from war.
God gave her the courage to go beyond survival.
She redeemed the time by encouraging other wives to laugh,
And listening when they needed to cry.

Invitations were issued to festive celebrations.
The table was set with her wedding crystal.
Fresh, fragrant blooms scented the room.
She delighted in being creative about the separation.

She made Chris a significant part of her daily life,
despite the natural tendency to wallow in loneliness.
Prayer, pluck and perseverance were her faithful friends.

God is so good.
He brought Chris back safely to Shelley's arms.
Stronger arms.
Bigger heart.
Encouraged spirit.
Sharper mind.
Deepened faith.
Welcome Home.

Reprinted with permission from Bonnie Metzger nee Kawamoto

MILITARY SPOUSE SURVIVAL KIT

*A stick of gum...*to remind you to stick with it!

*Kisses...*to remind you that there is a sailor who loves you!

*Hugs...*for whenever you need one!

*A Fireball...*for when you feel burnt out!

*A Tootsie Roll...*to remind you NOT to bite off more than you can chew!

*A Starburst...*to give you a burst of energy for those days when you need it!

*A Snickers bar...*to remind you to laugh everyday!

*A Candle...*to remind you that you brighten up lives!

*A Crunch Bar...*for when you feel you are in a crunch!

*A Rubber Band...*for when you feel stretched to the limit!

*A Penny...*for your thoughts and ideas because they are very important!

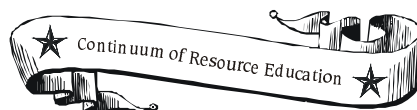
*An Eraser...*because we all make mistakes!

*Marbles...*for when you feel as though you have lost your own!

*Lifesavers...*to help keep you afloat!

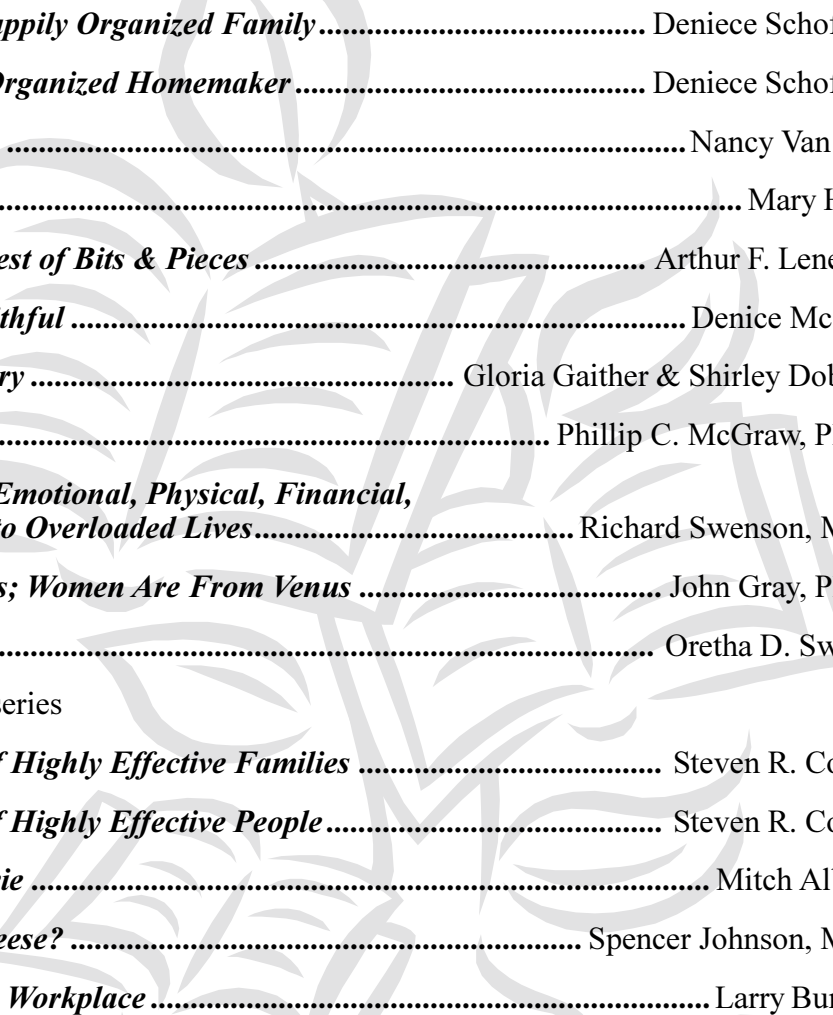
*A \$100,000 Bar...*to remind you that your "ship will come in"!

And **KUDOS** for all you do!



Finally, a list of resource books you might enjoy...

MENTORING RESOURCE LIST



<i>Confessions of a Happily Organized Family</i>	Deniece Schofield
<i>Confessions of an Organized Homemaker</i>	Deniece Schofield
<i>Creative Hospitality</i>	Nancy Van Pelt
<i>Debt-Proof Living</i>	Mary Hunt
<i>Even More of the Best of Bits & Pieces</i>	Arthur F. Lenehan
<i>Footsteps of the Faithful</i>	Denice McColl
<i>Let's Make a Memory</i>	Gloria Gaither & Shirley Dobson
<i>Life Strategies</i>	Phillip C. McGraw, Ph.D.
<i>Margin: Restoring Emotional, Physical, Financial, and Time Reserves to Overloaded Lives</i>	Richard Swenson, M.D.
<i>Men are From Mars; Women Are From Venus</i>	John Gray, Ph.D.
<i>Service Etiquette</i>	Oretha D. Swartz
<i>The Chicken Soup</i> series	
<i>The Seven Habits of Highly Effective Families</i>	Steven R. Covey
<i>The Seven Habits of Highly Effective People</i>	Steven R. Covey
<i>Tuesdays with Morrie</i>	Mitch Albom
<i>Who Moved My Cheese?</i>	Spencer Johnson, M.D.
<i>Women Leaving the Workplace</i>	Larry Burkett